





The ZONES of Regulation®

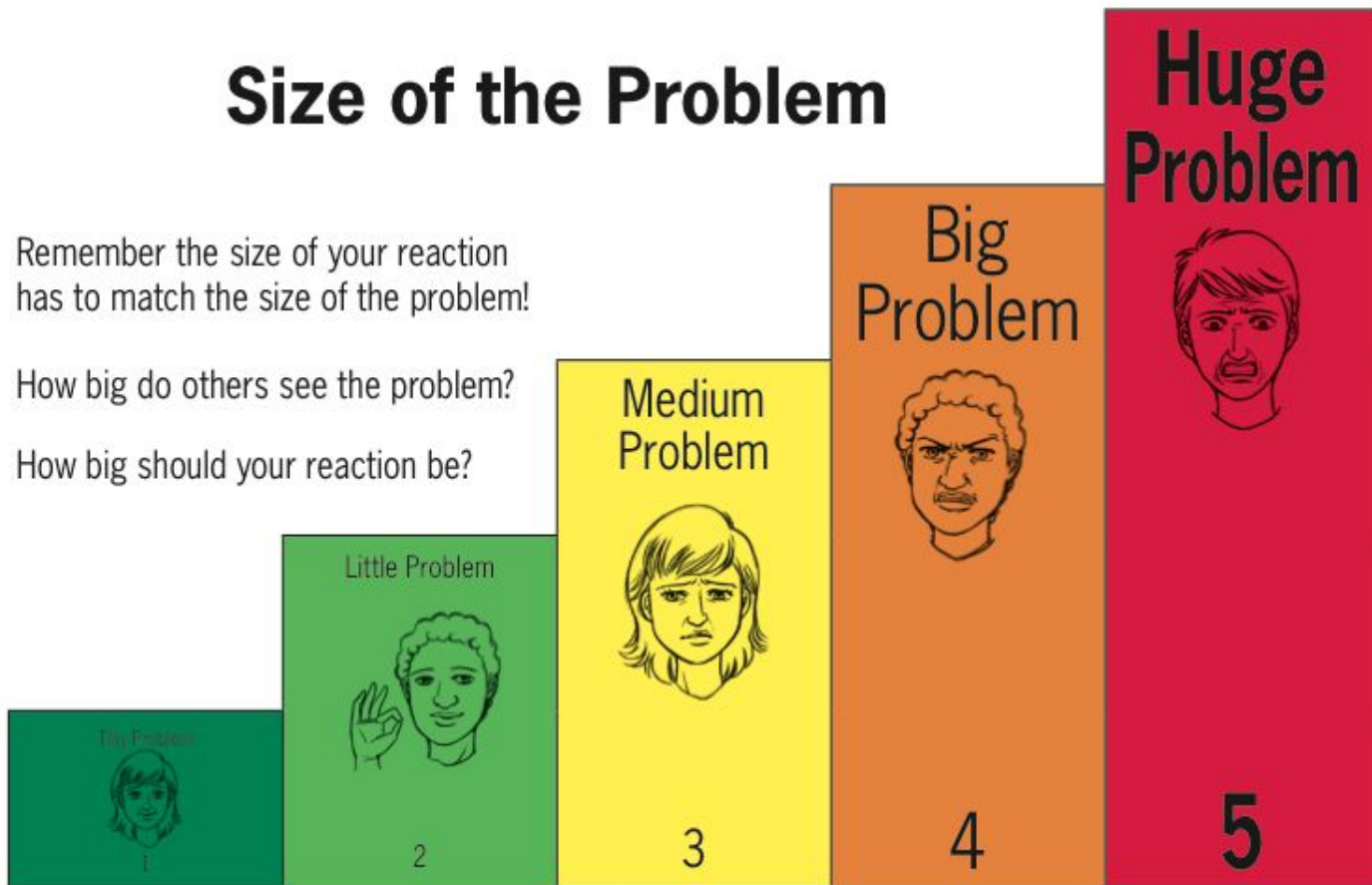
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|---|---|--|--|
|  |  |  |  |
| BLUE ZONE Sad Sick Tired Bored Moving Slowly | GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn | YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control | RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control |

Size of the Problem



Remember the size of your reaction has to match the size of the problem!

How big do others see the problem?

How big should your reaction be?



5 Point Scale

| | |
|---|---|
| 5 |  |
| 4 |  |
| 3 |  |
| 2 |  |
| 1 |  |

| | |
|----------|--|
| 5 | |
| 4 | |
| 3 | |
| 2 | |
| 1 | |